

## How to Use?

- Lie comfortably on the mat on a flat surface in a recumbent or reclining position
- Rest your head on a cushion or pillow that aligns with the shape of the neck and shoulders
- Insert your feet into the pedal straps and adjust to a snug fit making sure it is not constricting blood flow during pedalling motion
- Start with one foot by pressing the ball of your foot and pump downward through your heel
- Pull up with the top of your foot during the upstroke
- Continue pedalling at a comfortable speed in a synchronized way with both feet



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**P.S.:** Consult your orthopaedic specialist/Physiotherapist/licensed trainer before ordering this product

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## REMEMBER

- Do not pedal using only your toes as it may lead to foot and calf cramps
- Make sure you maintain a proper posture with head resting on a low height pillow to prevent sprains and backache
- This product is not intended to diagnose, treat, cure, or prevent any disease

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